

# Don't Take a Vacation From Your Healthy Habits This Summer!



- 1.** Choose water workouts and make a splash as you get fit and strong.
- 2.** Add color, variety, and flavor to your meals with fruits and vegetables fresh from your local farmers market.
- 3.** Visit museums, the zoo, or an aquarium and walk for hours without realizing it.
- 4.** When the sidewalks sizzle, get moving indoors with a fun fitness video or DVD.
- 5.** Start a small garden in your yard or in a community patch to exercise, grow healthy food, and have fun with family and neighbors.
- 6.** Plan a weekend hike through a park, a family softball game, or an evening walk around your neighborhood.
- 7.** Fuel your summer with nutrient-rich foods like whole grains, fat-free or low-fat milk and cheese, seafood, lean meats, poultry, eggs, beans, nuts, and seeds.
- 8.** Drink plenty of water before, during, and after exercise, especially when the temperature soars.
- 9.** Strengthen your muscles at least twice a week with push-ups, pull-ups, or lifting weights.
- 10.** Beat the heat with an early morning activity. Go for a walk or bike ride while watching the sun come up.

For free brochures about physical activity, nutrition, and weight control, call the **Weight-control Information Network** at **1-877-946-4627** or visit <http://www.win.niddk.nih.gov>.



National Institute of  
Diabetes and Digestive  
and Kidney Diseases

**WIN** Weight-control  
Information Network

NIH...Turning Discovery Into Health®